

Brighton Yoga Center
Teacher Training



Yoga Immersion/Teacher Training



January 2017

"Everything begins in the mind. If you want to see clearly, you need clear vision."

Sri Swami Satchidananda

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WEEKLY CLASS LOCATION

Brighton Yoga Center
8685 Grand River
Grand River and Cross Streets
West of Downtown Brighton
810-522-5004

Weekly class times:

Thursday 6:30 p.m. to 9:30 p.m.

Sunday 3:00 p.m. to 7 p.m.

Bridget contact info:

email:

bridgetpietrowicz@comcast.net

cell phone 248-767-3844

Kesandra contact info:

Kesandra.m..karim@gmail.com

Cell phone: 281-620-4894

Jen contact info:

Call.mark@att.net

Cell phone: 248-756-6708

Renee contact info:

Renee.merrill.01@gmail.com

Cell phone: 810-531-0556

Brighton Yoga Center
Teacher Training

Reading List

Rolf Gates, "Meditations from the Mat"

Anodea Judeth "The Wheels of Life"

Augusten Burroughs: "This is How: Surviving what you think you Can't"

William Hart: "The Art of Living: Vipassana Meditation"

Paul Grilley – "Yin Yoga: Principles and Practice. 10th Anniversary Edition"

William Hart - "The Art of Living: Vipassana Meditation" (FROM MODULE 1)

Michael Pollet – "Omnivore's Dilemma"

Stephen Cope – "The Great Work of Your Life"

David Swenson – "Ashtanga Yoga: The Practice Manual"

Reverend Jaganath Carrerra - "Inside the Yoga Sutras"

Deborah Adele – "The Yamas and Niyamas"

Leslie Kaminoff – "Yoga Anatomy"

B.K.S. Iyengar – "Light on Yoga"

Mark Stephens – "Yoga Sequencing: Designing Transformative Yoga Classes"

Mark Stephens: "Yoga Adjustments: Philosophy, Principles and Techniques"

Optional texts:

Anne Lamont: "Help, Thanks, Wow"

Cherie Huber "Suffering is Optional"

Andy Andrews: "The Traveler's Gift"

Rolf Gates "Meditations on Intention and Being"

George Leonard "Mastery"

Brighton Yoga Center
Teacher Training

Session	Date	Day	Topics	Teacher	Books	Hours
1	2/16	Thurs	Introduction – 6:30-8:30 only	Bridget	Rolf Gates	2
2	2/17	Fri	Yin 6-9 p.m.	Kesandra	Paul Grilley	3
3	2/18	Sat	Yin 9-12 Restorative 2-5	Kesandra	Paul Grilley	6
4	2/19	Sun	Restorative 9-12	Kesandra	None	3
5	2/23	Thurs	Philosophy, theming and ethics	Bridget	Augusten Bourroughs	3
6	2/26	Sun	Meditation, introduction to mantra, Kundalini	Bridget	William Hart	4
7	3/2	Thurs	Hatha	Bridget	Stephen Cope	3
8	3/5	Sun	Mantra, mudra	David Tomaszewski (from House of Yoga – BYC workshop)		4
9	3/9	Thurs	8 Limbed Path	Bridget	Swenson, Adele	3
10	3/12	Sun	Ashtanga	Bridget	Swenson, Carrerra	4
11	3/16	Thurs	Ashtanga	Bridget	Swenson	3
12	3/19	Sun	Ashtanga – Sutras field trip + dinner – Lansing Hilltiop Yoga. Leave BYC at 2 for 3-5 p.m. workshop	Hilaire Lockwood	Swenson	4
13	3/23	Thurs	Teaching Ashtanga Short Form	Bridget	Swenson	3
	3/25-4/2	SPRING BREAK				
14	4/4	Tues	Creating the sacred space, theming, restorative and yin postures, svasana	Bridget	Omnivore's Dilemma	3
15	4/6	Fri	Hatha	Bridget		3
16	4/9	Sun	Hatha	Bridget		4
17	4/13	Thurs	Hatha	Bridget		3
	4/16	Sun	NO CLASS - EASTER			
18	4/20	Fri	Chakra Workshop	Robin Shepard – Workshop	Judeth	3
19	4/23	Sun	Field trip – Jonny Kest Class	Jonny Kest		4
20	4/27	Thurs	Vinyasa Structure and Sequencing	Bridget	Stephens (Sequencing)	3
21	4/30	Sun	Vinyasa, Anatomy	Bridget/TBD	Leslie Kaminoff, Iyengar, Stephens	4
22	5/4	Thurs	Assisting and Adjusting	Jen Call	Stephens (Adjusting)	3
23	5/7	Sun	NO CLASS – MOTHERS DAY			4
24	5/11	Thurs	Vinyasa	Bridget		3

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25	5/14	Sun	Vinyasa	Bridget		4
26	5/18	Thurs	Vinyasa	Bridget		3
27	5/21	Sun	Wrap Up	Bridget		4

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Study Groups

After the first class, you will form a small study group and agree to meet outside of class once a week. During this time you will ask each other questions if there is something you don't understand about the reading, and practice teaching to each other. We will also have a closed facebook group for you to post questions to each other or to your teachers.

Guidelines for study group meetings

- Eliminate idle chatter
- Limit time to 2 hours
- Be on time
- Vary the meeting location
- Share a meal after sometimes

During the training

- We suggest that you to avoid alcohol, cigarettes and illegal substances during your training. It is also encouraged to follow a vegan diet – no animal products (dairy, meat, fish, eggs). Do what you can with where you are in your life, now.
- Keep a daily journal of what you are learning and feeling. In order for this to remain personal, it will not be collected but is a requirement of the course.
- Begin a daily 20 minute mediation practice and include your struggles and triumphs with this in a journal. Observe what happens if you miss a day, go longer or go shorter. This is also a requirement, and group meditation will be included in each session.

Hours breakdown:

- 104 classroom time together
- 12 weeks x 3 hours weekly – study group meetings, practicing teaching = 36
- 4 classes per week at BYC with your teachers = $12 \times 4 = 48$
- Retreat weekend – 18
- Meditation and self study 12 weeks x 3 hours weekly = 33

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Teacher Training

“When you are inspired by some great purpose
Some extraordinary project,
All your thoughts break their bonds;
Your mind transcends limitations,
Your consciousness expands
In every direction,
And you find yourself in a new,
Great and wonderful world.
Dormant forces,
Faculties and talents become alive,
And you discover yourself
To be a greater person by far
Than you ever dreamed yourself to be.”

- Patanjali